



VITAMIN B12 INJECTION (METHYLCOBALAMIN) CONSENT FORM

General Information

The **B12 Shot (Methylcobalamin)** is an active form of Vitamin B12 essential for energy production, metabolism, and nerve function. It plays a critical role in red blood cell formation, DNA synthesis, and overall metabolic health. Low levels of Vitamin B12 can lead to fatigue, anemia, and, in more severe cases, neurological and cardiovascular complications. These may include symptoms such as tinnitus, joint pain, memory issues, depression, anxiety, muscle weakness, and even infertility. Early intervention and treatment are key to maintaining optimal health and bodily function.

How It Works

- Methylcobalamin functions by:
- **Enhancing energy:** Converts fats and carbohydrates into usable energy, supporting physical and cognitive performance.
- **Supporting nerve health:** Protects nerve cells and prevents neurological complications.
- **Boosting red blood cell production:** Helps prevent anemia and supports cardiovascular health.

Indications

- This injection may be recommended for:
- Individuals with chronic fatigue, weakness, or diagnosed B12 deficiency.
- Patients with anemia, neuropathy, or symptoms affecting nerve function.
- Those following vegan or vegetarian diets, older adults, or individuals with absorption issues needing supplemental B12.

Side Effects

Common side effects may include:

- Mild discomfort, redness, or swelling at the injection site.
- Headache, nausea, or dizziness.
- Changes in bowel habits (diarrhea or constipation).

Rare, but severe side effects could include:

- Allergic reactions (rash, swelling, breathing difficulties).
- Gastrointestinal issues or severe headaches.

Contraindications

This injection should **not** be administered to individuals who:

- Have an allergy to vitamin B12 or its components.
- Have Leber's disease, as it may worsen vision problems.
- Are pregnant or breastfeeding without consulting their healthcare provider.

Interactions

Vitamin B12 may interact with:

- Medications like metformin, proton pump inhibitors, and certain antibiotics.
- Alcohol consumption, which may interfere with absorption.

Please inform your provider about any medications or supplements you are taking.

CONSENT ACKNOWLEDGMENT

By signing below, I confirm that I have read and understand the information provided regarding the **B12 Shot (Methylcobalamin)**. I acknowledge the potential risks, side effects, and benefits of this treatment. I consent to proceed, understanding that results may vary and no outcome is guaranteed.

- **If I experience any unexpected problems or adverse reactions, I will contact Honey Skincare Studio immediately at (703) 589-9665.**

Liability Release: By signing below, I acknowledge that I have read and agree to the foregoing informed consent. I consent to this and all future B12 injections under these terms. I release the provider, administering staff, and facility from liability associated with this procedure.

PRINTED NAME:

SIGNATURE:

DATE:
